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**Cross Country New Brunswick**

# **Safe Return to Play – Covid-19**

**January, 2021**

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# Cross Country Ski New Brunswick

## Safe Return to Play Protocol Covid-19

### Preamble:

Cross Country Ski New Brunswick is working with the Department Tourism, Heritage & Culture to best manage a safe return to play for our athletes and coaches. We continue to follow the directives of the [Office of the Chief Medical Officer of Health in New Brunswick](#). Our goal is to provide guidance for athletes, coaches and clubs to ensure the safety of all involved while limiting interactions amongst the varied groups in our ski community. It is up to each of us to individually commit to return to and re-think training with a safe, conscientious and 'greater good' mindset. This will enable us to continue to move forward and keep members of the cross country ski community safe.

Prior to restarting, **every club must have an operational plan** for the measures they will implement and maintain over the coming 12 to 18 months. These plans must be in compliance with orders and guidance from our provincial Chief Medical Officer and must be made available to the public either by posting on the wall of the organization's facility and/or on its website. Clubs that use facilities and land that they do not own, will need to coordinate with the operational plans of the land and facilities owners (municipalities, town, corporation, ...).

**Red Level:** Zones that are in this level, there is **no organized sport allowed**, nor can individuals who reside within a region in red phase allowed to travel outside of their region to a yellow or orange phase jurisdiction to participate in organized sport.

**Orange Level:** Refer to: [Covid-19 Frequently Asked Questions](#) (Province of NB)

### COVID-19:

The symptoms of COVID-19 are similar to other common illnesses such as the cold and flu, and include fever, cough, sore throat, or shortness of breath. At this time, it is recommended that any athlete or coach who has symptoms related to cold, flu or COVID-19 to stay home and self-isolate.

Have you been in contact with someone who has COVID-19? Are you having any symptoms of COVID-19? Please take the [COVID-19 Self Assessment](#). If necessary, please contact the following for assistance and instructions.

- Telehealth: 811 or:
- Your primary care provider (for example, family physician)

### Risk Assessment Tool for sport:

A [Risk Assessment Tool for Sport](#) has been developed by our partners at the Canadian Sport Institute Network, Own the Podium, and Canadian Olympic Committee. The tool includes all factors from the general WHO risk assessment and mitigation checklist for mass gatherings as well as additional factors relating to sporting events and training, to enable organizers to determine a more accurate overall risk score. This tool has been adapted specifically for return to training planning in the Canadian context. PLEASE NOTE: This is a RISK ASSESSMENT

Cross Country New Brunswick Safe Return to Play – Covid-19 Janvier, 2021 | 2



TOOL and is not a PERMISSION TOOL.

**Athletes, coaches and clubs must follow [Public Health New Brunswick](#) requirements and restrictions.**

**All clubs are encouraged to review their Policies considering COVID-19 restrictions.**

### **Reference documents:**

- [CCNB Skill Development Programs Guidelines for Covid-19](#) (November 2020)
- CCNB Covid-19 Return to Competition and Loppet Guidelines (to come)
- CCNB Covid-19 Return to Skiing for Facilities Guidelines (to come)
- CCNB Covid-19 Return to Training Protocols (to come)
- Province of NB: [Collection of names and contact information](#)
- [Rule of Two](#) (Coaching Association of Canada)
- [Play it Safe](#) (Prov of NB - June 5, 2020)
- [Covid-19 Resources \(Prov of NB\)](#)

## Safe Return to Play Guidelines

The following information provides guidance for coaches, athletes, and facilities during the Covid-19 pandemic. This information will be updated as conditions and restrictions change. Please be aware there could be changes in specific zones only. **Clubs are responsible to stay informed of current Public Health restrictions and recommendations.**

### For Everyone

#### **Requirement for participation in group training - coaches and athletes, and other attendees (volunteers, parents, etc).**

- No symptoms of COVID-19 in the past 14 days.
- No close sustained contact with anyone with symptoms of COVID-19 and/or who has tested positive for COVID-19 within 14 days of beginning group training.
- If the person has had a case of documented COVID-19 infection, confirmation from a health professional indicating they have cleared the infection for COVID-19 and are medically cleared to participate in training.
- Must be adhering to physical distancing guidelines outside of training environment.

#### **General Guidelines:**

**Cross Country skiing generally takes place outdoors in settings with ample space for physical distancing. When possible, training and skiing on your own or with others in your club is strongly encouraged.**

- No physical touching including high fives, hand-shakes etc.
- Avoid touching your face, particularly your eyes, nose, or mouth
- Avoid contact with people who are sick and/or have signs or symptoms of COVID-19
- Stay home if you are sick and/or have signs or symptoms of COVID-19
- Avoid high-touch areas, where possible, or ensure you clean your hands after

#### **The use of masks:**

Currently, [Public Health Canada](#) recommends wearing a homemade non-medical mask/facial covering in the community for periods of time when it is not possible to consistently maintain a 2-metre physical distance from others, particularly in crowded public settings. Public Health NB has published a [Use of a Community Face Mask](#). Wearing a mask while completing training activities is not necessary if appropriate physical distancing is maintained. Use of a mask is recommended for arrival and departure.

**Note: buff/bandana are NOT appropriate replacement for mask.**

#### **Physical Distancing:**

- Maintain a minimum of 2 metres in non speed training
- Increase the minimum distance to greater than 2 metres between other people when engaged in higher speed training activities (e.g. roller skiing, running, etc.)
- When possible and safe, it is preferable to run / ski / bike BESIDE others instead of BEHIND others (on

closed roads, wide trails, etc.)

### Hygiene:

- Do not spit
- Sneeze or cough into your sleeve
- Use a tissue to blow your nose (no snot rockets) and discard tissue immediately and wash your hands or use hand sanitizers afterward.
- Bring hand sanitizer for use before and after training
- Wash your hands when leaving your house
- Shower immediately when returning home and limit contact with others within your “social bubble” until you have showered
- Wash your clothes as soon as you get home

### Transportation:

- Arrive ready to go and do not mingle pre or post-workout
- Immediately return directly to your household after training to allow showering and proper hygiene prior to contact with others

### Parents/guardians:

- Parents attending practice must adhere to same guidelines

### If an athlete or coach develops symptoms of COVID-19:

- Seek medical attention
- Suspend group training for 14 days to ensure no other athletes develop symptoms if close contact with symptomatic individual has occurred
- Follow Public Health Guidelines for testing in your area

### Contact Tracing:

- Full details and documents are provided by the [Province of New Brunswick](#).
- Records must be kept for 21 days
- Record needs to include date, name, telephone number.

**\*\*\*It is imperative that all athletes, parents and coaches involved in training respect physical distancing at all times. Failure to do so puts everyone at risk and should not be tolerated under any circumstances. Removal from training is an appropriate repercussion for repeated infractions\*\*\***